

Freedom Programme



free course for parents



Have you ever asked yourself.....

What is a healthy relationship?

What is a controlling relationship?

Do abusive relationships really affect my children?

How can I help my children have healthy relationships?

The programme will inform you about abuse, control and coercion, warning signs, the effects on children and positive relationships.

The course lasts for two hours a session for 10 weeks. It is a talking course and very informal and friendly. You DO NOT need to be in or to have been in an abusive relationship nor relate any of your personal experiences. You do need to be a parent and all groups are single sex.

A crèche is provided if needed (please ask early as there will be limited spaces).

We will provide refreshments during the break.

Course will begin on:

Friday 22nd March 2019

9.00-9.30am start and 11.00-11.30am finish

At Caia Park Partnership, "The Flat", Blue Building, Caia Park, Prince Charles Road, Wrexham, LL13 8TH

Referral:

You can refer yourself by asking at the partnership, asking your Flying Start health visitor to call Jane Bowen at Ty Ni Family Centre 01978 295676 / Sarah Gray 01978 268850. Calling Jane or Sarah yourself, or ask any services you are working with to refer you.

Or come along to the first session to register yourself and meet us.

There is a certificate given on completion of the whole course.

Course dates:

Friday

March 22nd

2 week Easter break

May 24th

March 29th

May 3rd

May 31st

April 5th

May 10th

June 7th

April 12th

May 17th